



Replace rubber band

This guide can be used for each garment with a worn-out rubber band, for example Schlafanzug- or sweatpants, or skirts.

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INTRODUCTION

Rubber bands wear out over time and like to lose due to frequent washing of elasticity, because solve the plasticizer. Fortunately can put a new rubber band move, you only need needles, thread, small scissors, a new rubber band and some patience.



TOOLS:

- [needle](#) (1)
- [Thread](#) (1)
- [Stoffschere](#) (1)



PARTS:

- [elastic tape](#) (1)
-

Step 1 — Replace rubber band



- Measure the new rubber band to the appropriate length. For this, the rubber band around the hips or waist and stretch slightly.
- The rubber band must be concocted that the garment later has enough tension to avoid slipping.
- Then enter and cut 1-5 centimeters seam allowance.

Step 2



- The old rubber band Expose. Given the seam gently unravel in an inconspicuous place on the inside of the waistband with scissors or seam ripper, so that the fabric is not damaged.
 - ❗ In some garments there is already an opening for an additional cord, then you can just use the existing opening.
- The old rubber band with the tip of the scissors or with your fingers grasp and pull out a little way.
- Now the old rubber band cut.

Step 3



- The new rubber band on the old rubber band knots.

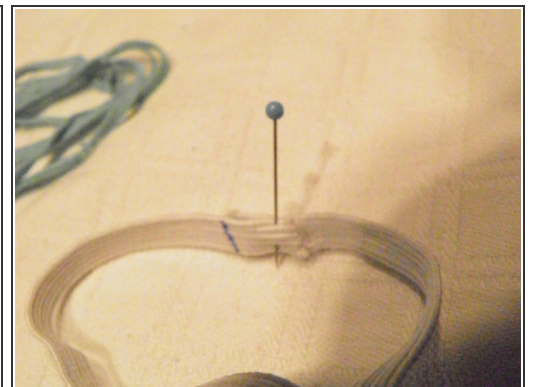
⚠ Just as tight knot that the nodes can be solved again later.

Step 4



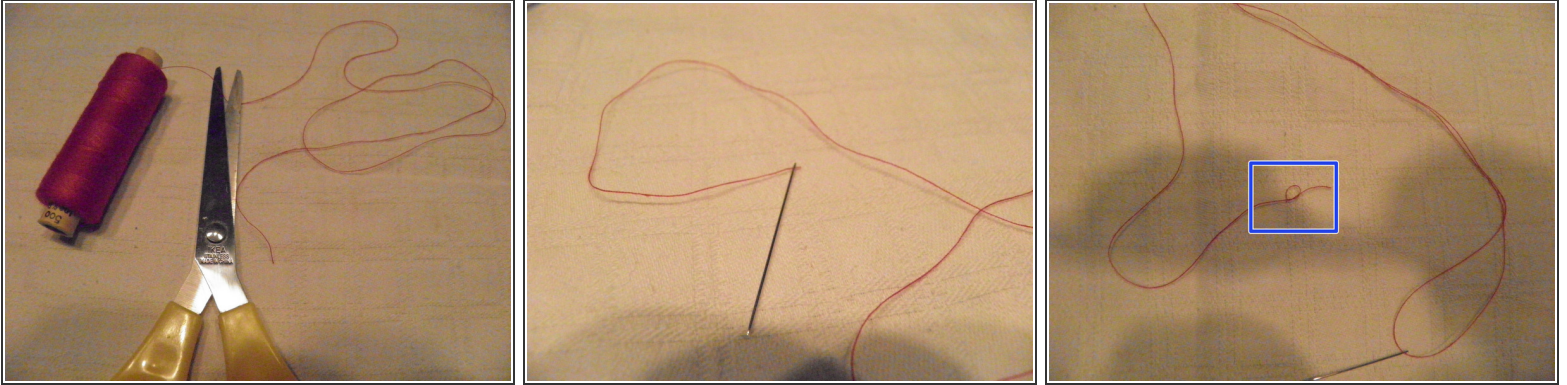
- Now pull the other end of the old rubber band so that the new rubber band is bit by bit with retracted.
- ⚠ Not so far drawn that the end of the new rubber band is with pulled through! The best secure the end of the new rubber band for safety with the darning needle, thus also prevents the rubber band twisted during retraction.

Step 5



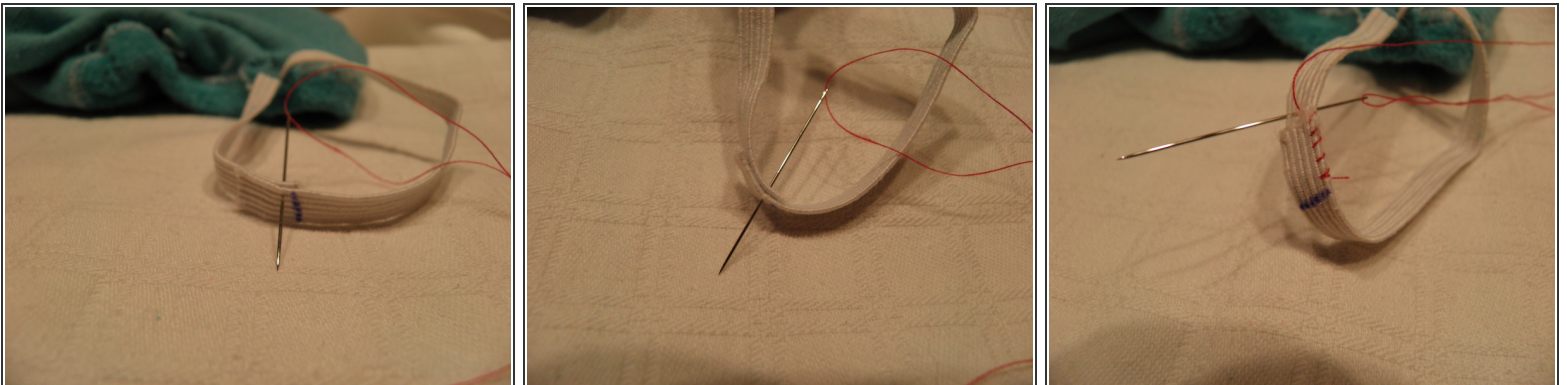
- Once the node is visible to the beginning of the new rubber band, the node can be removed and the old rubber band is supplied to the textile recycling or link to tomatoes used :-)
- Now the two ends of the new rubber band put together so that they overlap in accordance with the seam allowance 1-5 centimeters.

Step 6



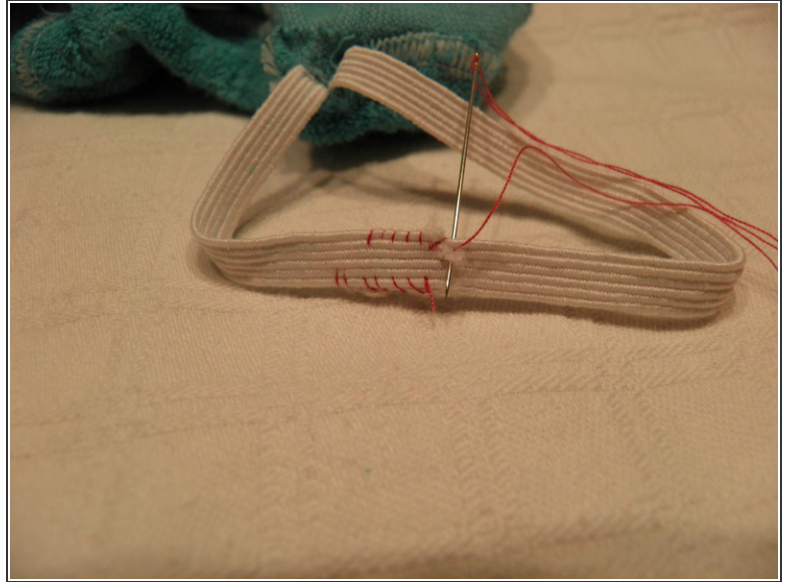
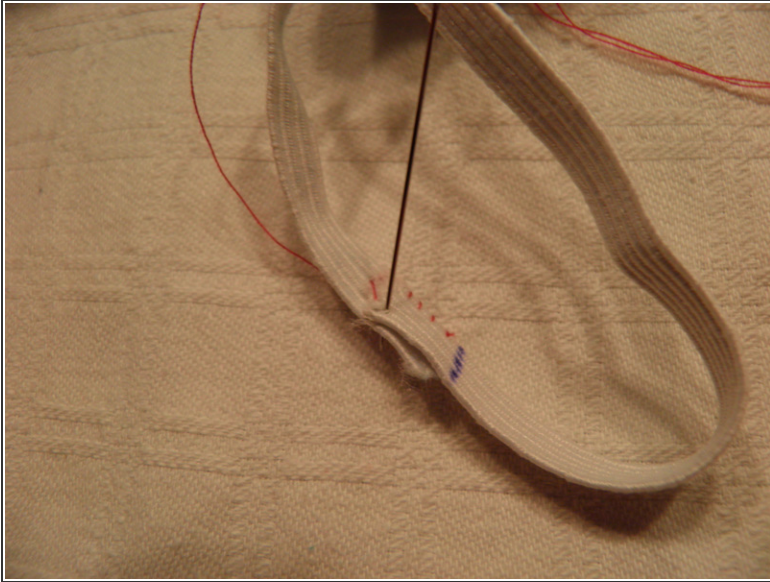
- A piece of the thread.
- ⓘ The color of the thread can be chosen freely, as you will later no longer see this seam.
- Thread one end of the thread through the Nähnadelöhr.
- At the longer end make a simple knot.

Step 7



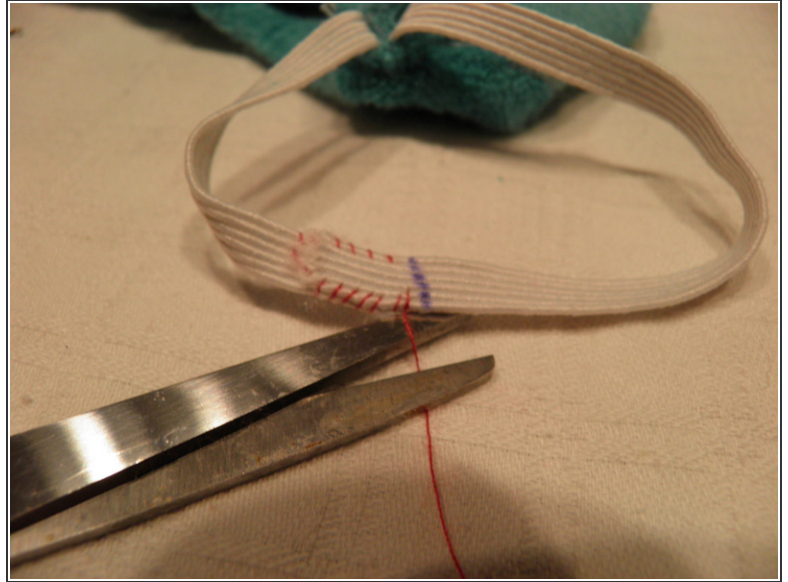
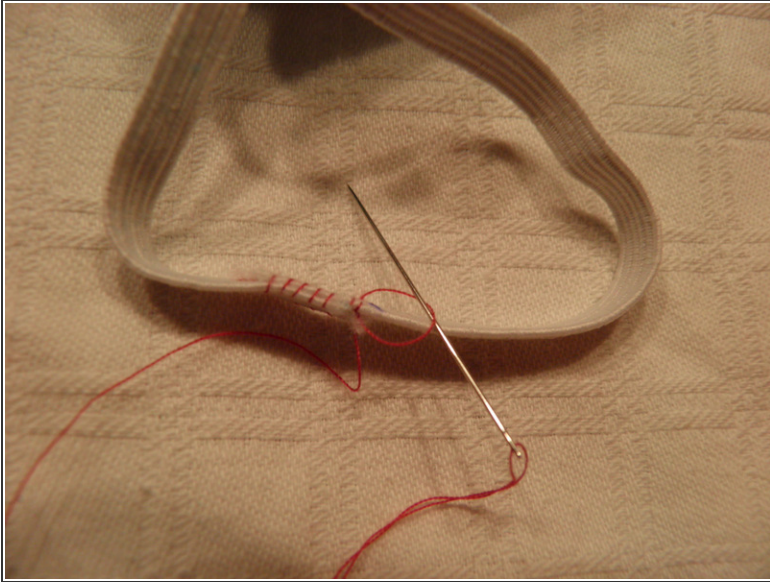
- The needle of the back about 2 mm from the upper edge pierce through both ends of the rubber band.
- The needle pull through until the thread taut sits and Node catching on the back of the rubber band. sew In this way, the edge along until the end of the seam allowance is reached.

Step 8



- pierce the thread to the other edge and proceed here as well.

Step 9



- If both edges are sewn together, the last stitch the thread not quite pull through, but absorb the forming loop with your finger.
⚠ not yet taut Pull the thread.
- Pass the needle through the loop and pull through.
- Now pull the thread taut so that closes the loop and a node is created.
- Cut the excess thread and store the needle and remaining thread safe für's next time ;-)

Step 10



- The federal government now as far stretch that rubber band disappears in the covenant by the voltage gradually.
- If you like, you can now store, you had to make any first waistband, sew up again with a few stitches, we allow these inconspicuous opening for possible future re-exchange of the rubber band open.

FERTIG! Und so schnell hat dein Bund wieder die nötige Elastizität!

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